PURPOSE:
To optimize lung function and prevent respiratory complications.

CONSIDERATIONS:
1. An incentive spirometer is a device used to measure how much air can go into the lungs.
2. An incentive spirometer is made up of a tube, an air chamber and an indicator.
3. An incentive spirometer is commonly used in those who are at risk of having airway or breathing problems. Patients with lung diseases may improve their lung function by using an incentive spirometer.
4. The incentive spirometer also will help keep the lungs active when a person is recovering from surgery.

EQUIPMENT:
Incentive spirometer

PROCEDURE:
1. Adhere to Standard Precautions.
2. Instruct the patient to perform the following;
   a. Sit up with head and neck centered.
   b. Hold incentive spirometer in an upright position.
   c. Place the target pointer to the level that is needed to reach the desired level.
   d. Exhale normally.
   e. Place the mouthpiece in mouth with lips tightly sealed around it.
   f. Inhale slowly and deeply through the mouthpiece to raise the indicator, attempting to make the indicator rise up to the level of the target pointer.
   g. When unable to inhale any longer, remove mouthpiece and hold breath for approximately 2 to 6 seconds.
   h. Exhale normally. Encourage patient to cough after each repetition, if secretions are present.
3. Repeat these steps 5 to 10 times every hour when awake, or as often as healthcare provider has advised.
4. After each use, clean the mouthpiece with water and shake it to dry.
5. Keep track of progress by writing down the highest level able to reach.

AFTER CARE:
1. Document in patient's record:
   a. Instructions given to patient/caregiver.
   b. Patient/caregiver understanding and return demonstration.

REFERENCES: